



Solid Foods



Breastmilk or iron fortified formula is the only food your baby needs during the first months.

There is no advantage to starting solid foods until your baby is ready, usually about 4 to 6 months. Babies can't control tongue and mouth muscles well enough to eat solid food at an early age.

Solid foods given too early may:

- Cause overweight babies.
- Cause food allergies.
- Take the place of some breastmilk or formula that babies really need.

Your nutritionist, nurse, or doctor will help you decide when your baby is ready for solid food.

Notes: _____

Visit our Website at <http://health.tn.gov/wic>



Tennessee Department of Health. Authorization No. 343028, November 2010, 20,000 copies. This public document was promulgated as a cost of \$.08 per copy.

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DH-0024 ED# 1000080290

Feeding Your



Birth to 4 Months





Congratulations on the Birth of Your New Baby



Now that you are home with your new baby, it may take 2 or 3 weeks or longer for you to have a feeding routine. Baby will set the schedule; so relax, take your time and enjoy your new baby.

Give breast milk or formula until your baby's first birthday.

Breastfed babies:

- Mother's milk is very special. Be proud you chose to breastfeed.
- For the first few weeks, breastfed babies nurse 8 to 12 times in 24 hours.
- They usually take as much milk as they need. If you have questions, ask your health professional.



Formula fed babies:

General Guidelines for Amounts of Formula

6-8 pounds	15-20 ounces a day
8-10 pounds	20-25 ounces a day
10-12 pounds	25-30 ounces a day

- Babies grow and develop at different rates. The amount of formula your baby needs depends on age, size, and how fast your baby is growing.
- If you have questions about how much formula your baby needs, ask your health professional.



Holding your baby is important, especially at feeding time. Your baby needs to feel loved.

- If bottle feeding, hold the bottle so the nipple is filled with formula. This will help prevent your baby from swallowing air.
- Burp your baby once or twice during and after feeding.
- Don't try to force your baby to take all the formula if he doesn't want it. Baby will let you know when he is full.
- Never put your baby to bed with a bottle.

